



THE NUTRITION CENTER AT LAKE ISLE

Peter Basha, Director

AUGUST , 2018

TOWN OF EASTCHESTER

Supervisor Anthony S. Colavita

<p>660 White Plains Road Eastchester, NY 10709 Information and Reservations Call: 337-0390 www.eastchester.org/seniorservices</p>	<p>EARLY MORNING SWIM WEEKDAYS 8:00 to 9:30</p> 	<p>WEDNESDAY 1 10:30 Chair Yoga w Peggy 1:00 Mahjong/Bridge/Cards/Board Games Malcolm Pray Automotive Museum</p>	<p>THURSDAY 2 9:30 Intermediate Line Dancing 10:30 Drawing, Games and Cards 12:30 BINGO 1:00 Mahjong/Pokeno/Cards/Games</p>	<p>Friday 3 8:30 Exercise Video 9:30 Muscle Toning Video 10:30 Drawing, Games and Cards 1:00 Mahjong/Pokeno/Cards/Games 1:00 Book Club</p>
<p>MONDAY 6 9:30 Line Dancing with Theresa 10:30 Strength & Balance Video 10:30 Drawing, Games and Cards 12:30 Tai Chi with Angela 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>TUESDAY 7 8:30 Low Impact Exercise Video 10:30 ZUMBA GOLD with Angela 10:30 Drawing, Games and Cards 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>WEDNESDAY 8 10:30 Birthday Celebration with Ralph Caruso 1:00 BINGO</p>	<p>THURSDAY 9 9:30 Intermediate Line Dancing 10:30 Drawing, Games and Cards 12:30 Knitting with Paula 1:00 Chair Yoga w Peggy</p>	<p>Friday 10 10:30 to 2:00 POOL SIDE LUNCH or DANBURY MALL SHOPPING AND LUNCH</p>
<p>MONDAY 13 9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 10:30 Strength & Balance with Sonya 12:30 Tai Chi with Angela 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>TUESDAY 14 8:30 Low Impact Exercise Video 10:30 ZUMBA GOLD with Angela 10:30 Drawing, Games and Cards 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>WEDNESDAY 15 10:30 Drawing, Games and Cards 12:00 Senator Shelly Mayers visit 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>THURSDAY 16 9:30 Intermediate Line Dancing 10:30 Drawing, Games and Cards</p> 	<p>Friday 17 8:30 Exercise Video 9:30 Strength & Balance Video 10:30 Drawing, Games and Cards 1:00 Mahjong/Pokeno/Cards/Games 1:00 Chair Yoga w Peggy</p>
<p>MONDAY 20 9:30 Line Dancing with Theresa 10:30 Strength & Balance with Sonya 12:30 Tai Chi with Angela 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>TUESDAY 21 8:30 Low Impact Exercise Video 10:30 ZUMBA GOLD with Angela 10:30 Drawing, Games and Cards 1:00 Bridge/Cards/Mahjong/Board Games 5:00 Dinner at Caio's Restaurant</p>	<p>WEDNESDAY 22 10:30 Drawing, Games and Cards 12:15 BINGO 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>THURSDAY 23 9:30 Intermediate Line Dancing 10:30 Drawing, Games and Cards 10:30 Blood Pressure Screening with Barbara O'Hagen, RN 1:00 Mahjong/Pokeno/Cards/Games</p>	<p>Friday 24 8:30 Exercise Video 9:30 Muscle Toning Video 10:30 Drawing, Games and Cards 1:00 Mahjong/Pokeno/Cards/Ga 1:00 Chair Yoga w Peggy</p>
<p>MONDAY 27 9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 10:30 Strength & Balance with Sonya 12:30 Tai Chi with Angela 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>TUESDAY 28 8:30 Low Impact Exercise Video 10:30 ZUMBA GOLD with Angela 10:30 Drawing, Games and Cards 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>WEDNESDAY 29 10:30 Drawing, Games and Cards 12:15 BINGO 1:00 Mahjong/Bridge/Cards/Board Games The Met Cloisters</p>	<p>THURSDAY 30 9:30 Intermediate Line Dancing 10:30 Drawing, Games and Cards 1:00 Mahjong/Pokeno/Cards/Games</p>	<p>Friday 31 8:30 Exercise Video 9:30 Strength & Balance Video 10:30 Drawing, Games and Cards 1:00 Mahjong/Pokeno/Cards/Ga 1:00 Chair Yoga w Peggy</p>

Funded by the Department of Health & Human Services, NY State Office for the Aging, Westchester County Department of Senior Programs & Services, the Community Fund and the Town of Eastchester.

contribution: Residents \$3.00, Non-Residents \$4.00. No one 60 years or older is denied lunch due to inability to pay.

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